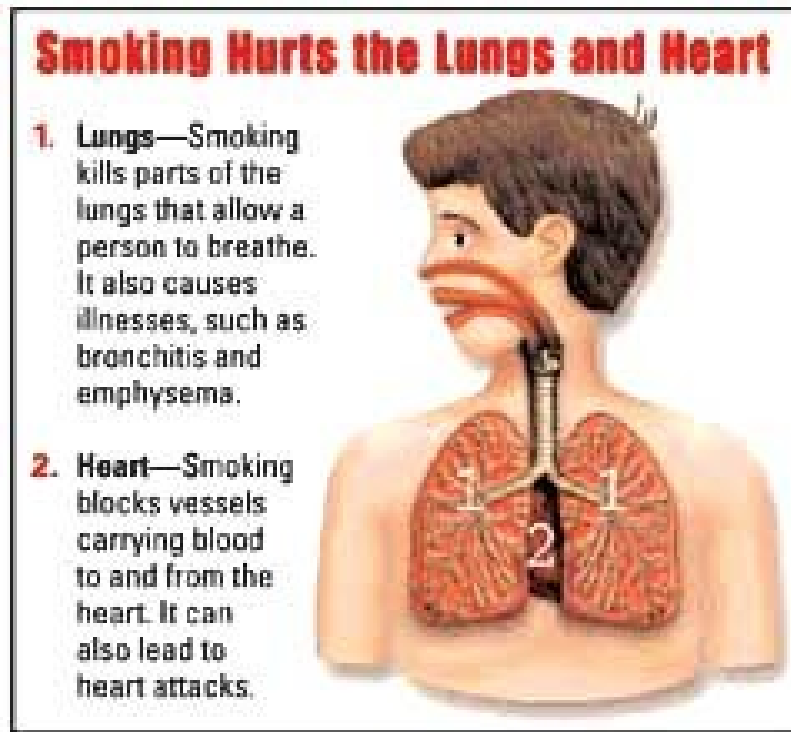


Smoking Hurts the Lungs and Heart



6 Reasons Not to Start Smoking

- Smoking limits the amount of air a person's lungs can hold.
- Smoking causes severe coughing.
- Smoking causes bad breath and limits a person's sense of smell.
- Smoking ages a person's body. It causes wrinkles and hair loss.
- Smoking causes mouth cancer and other diseases, such as tooth decay and gum disease.
- Each year, fires started by lit cigarettes kill about 25,000 people.